

COLLEGE LIFE: LEVELS OF PHYSICAL EXERCISE



PHYSICAL EXERCISE DECREASING

- College Students are getting less exercise than high school students

WHY IS THIS HAPPENING

- Fewer college students are playing sports
- Increased school workloads
- Job responsibilities

HOW CAN WE FIX THIS

- Parents need to encourage their students to exercise
- Encourage sports participation
- Warn students of the risks of not meeting required exercise levels.



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